

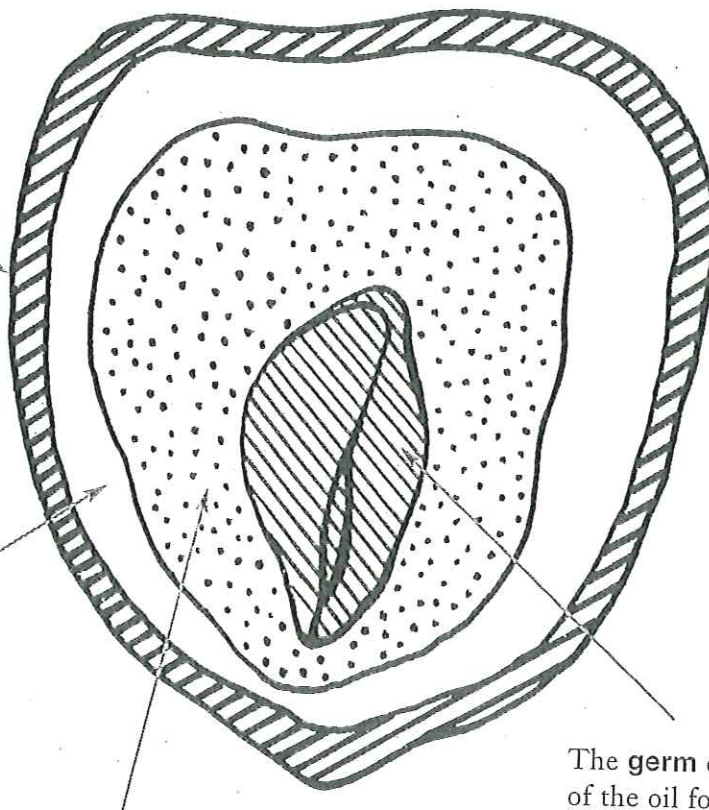
Corn Kernel

The **seed coat** is mostly fiber and protects the kernel.

The space between the seed coat and the endosperm is the **air cavity**.

The **endosperm** is mostly starch. It provides food for the young corn plant.

The **germ** contains most of the oil found in a corn kernel. When the kernel is planted, the germ develops into a corn plant.



DID YOU KNOW ... ?

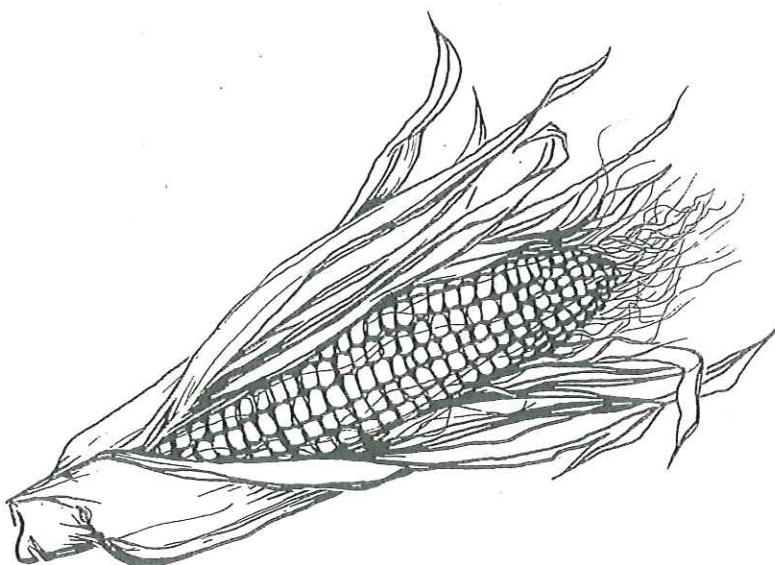
A corn kernel is

16% water

4% oil

20% fiber and protein

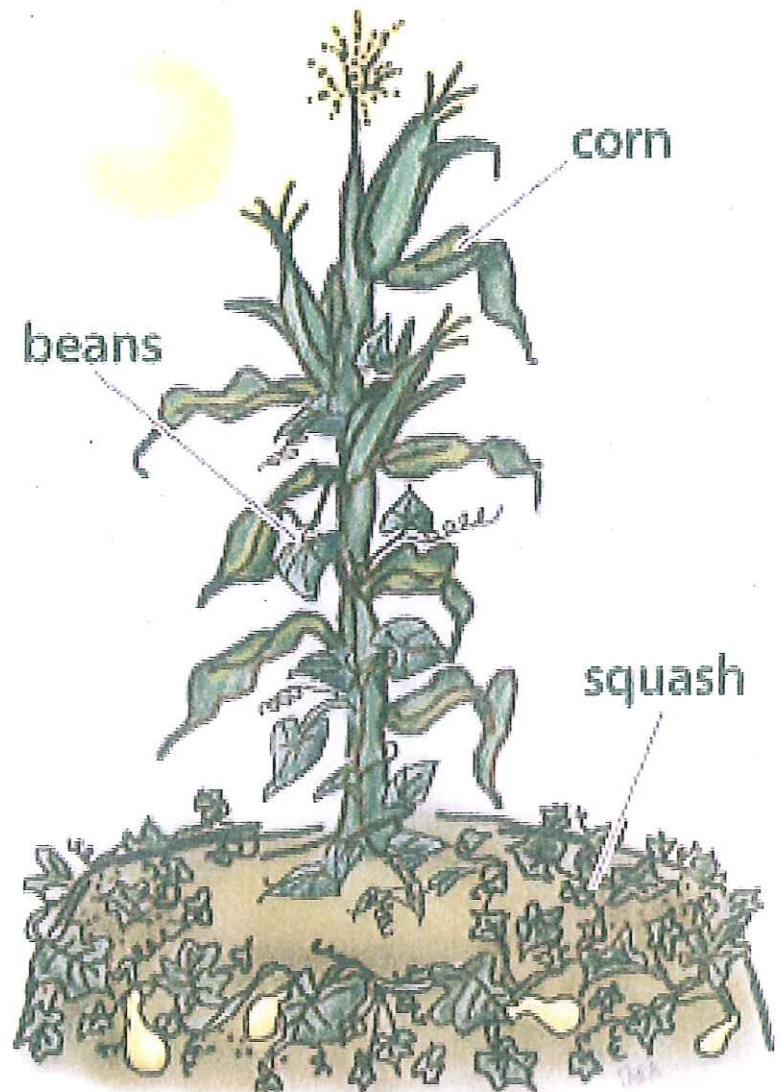
60% starch



3 Sisters Planting

The ancient Native American technique of growing Corn, Beans, and Squash together in an arrangement called the **Three Sisters** is the ultimate in companion planting and helps increase harvests, naturally!

- Corn provides stalk for beans to grow on
- Squash covers the ground and shades out other competing weeds and plants
- Beans add nutrients back into the soil by fixing nitrogen in the air into usable nitrogen for the squash and corn plants to take up
- All these vegetables together are nutritionally powerful because they provide us with a complete protein (found in meat and fish)



8. Assign Homework

Have students write two questions in their LiFE Logs that reflect what they would like to learn about food.

Have students look at home and select five different kinds of food. Have them look at the

ingredient lists to see if they can identify any ingredients made from corn. They can make a simple table, like the one shown below, in their LiFE Logs. Make sure students know how to read an ingredient list. You may wish to demonstrate in class.

Name of the Food	Ingredients from Corn in This Food